

CuraLinc Textcoach & Mental Health Hotline

Textcoach®

Personalized digital counseling with a licensed mental health therapist

Textcoach® is a secure and stigma-free messaging platform that allows participants to conveniently connect with a licensed mental health counselor, also known as a “Coach”. Textcoach® is embedded within every CuraLinc employee assistance plan (EAP) model and is also available as a stand-alone solution.

- **Accessible** - Participants can text with their Coach at any time - on mobile or desktop - without worrying about scheduling or other conflicts.
- **Licensed** - All Coaches are licensed mental health counselors who also have a special accreditation for providing technology-based care.
- **Secure** - Communication between participants and Coaches is encrypted and stored securely.
- **No Stigma** - Text therapy is an excellent resource for those who may not be receptive to “traditional” face-to-face or distance counseling.

Focus Areas

Textcoach® users may choose one or more of the following focus areas:

- Anxiety
- Burnout
- Coping
- Depression
- Grief
- Job Stress
- Mindfulness
- Personal Stress
- Relationship Issues
- Resilience
- Social Isolation
- Substance Abuse
- Trauma

Textcoach® provides participants with convenient access to licensed mental health counselors. Through CuraLinc’s secure platform, Coaches help users boost emotional fitness and wellbeing by securely exchanging text messages, voice notes, resource links and videos.



Mental Health Hotline

In-the-moment support and advocacy from licensed mental health counselors, around the clock

The Mental Health Hotline provides you with unlimited access to experienced clinical professionals for immediate support and expert guidance to ongoing care.

Every year, millions of people with mental health concerns struggle to find timely and effective care. Nearly half of adults and children living with mental health conditions in the United States go without any treatment at all.

- **Immediate Support** - CuraLinc's Care Advocates are available every hour of the day, every day of the year to provide in-the-moment mental health support.
- **Navigation** - In addition to immediate care, Care Advocates can provide guidance to the ideal provider or facility for concerns that require ongoing treatment.
- **Integration** - Mental health hotline can be seamlessly integrated with the other components of a client's population health management strategy.

CuraLinc Care Advocates:

Masters or PhD in a Mental Health Discipline

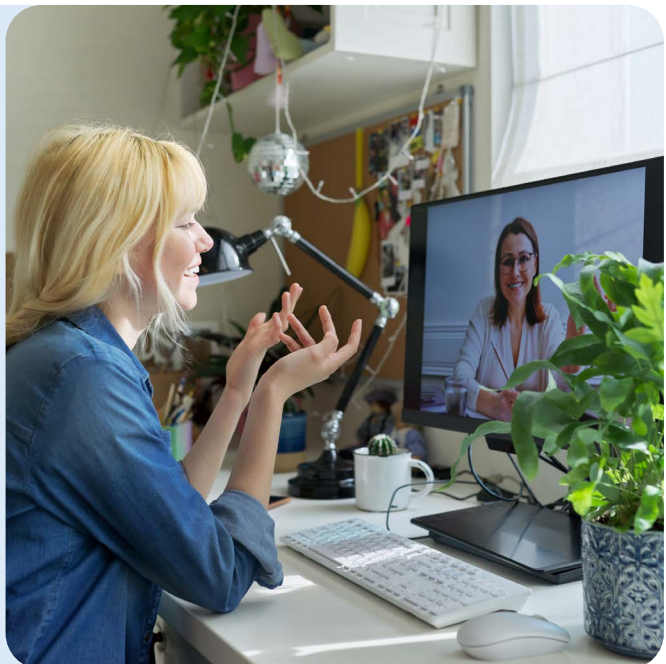
Independently Licensed (LMFT, LCPC, LCSW)

Average 11 Years of Mental Health Care Management Experience

98% Satisfaction Rating

Specialized Training in Cultural Competence

Answer Every Intake Directly, 24/7/365



Using CuraLinc:

Login to the association website for complete details on using CuraLinc's services.